

RED CROSS SWIMMING LESSON SCHEDULES

Registration deadline for all swimming lessons is one week prior to session start date.

LEVEL 1: INTRODUCTION TO WATER SAFETY Minimum age 4

Purpose: Help students feel comfortable in the water.

Major Skills: Independent floating/glides on the front and back.

Class size: 9, **Night class size:** 5 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
9:00-9:45 am	NA	8341	8346	8350
10:00-10:45 am	8331	8336	8342	8349
11:00-11:45 am	8332	8337	8345	8347
12:00-12:45 pm	8333	8338	8343	NA
5:30-6:15 pm	8334	8339	8344	8348
6:30-7:15 pm	8335	8340	NA	NA
Fee	\$47 residents, \$54 non-residents			

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS Passed Level 1 or equivalent

Purpose: Gives students success with fundamental skills. Will work on floats, glides, treading water, swimming on front and back.

Major Skills: Swimming 5 body lengths on the front and back using a combined arm and leg motion.

Class size: 6, **Night class size:** 5 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
9:00-9:45 am	NA	8361	8367	8379
10:00-10:45 am	8351	8356	8362	8374
11:00-11:45 am	8352	8357	8363	8375
12:00-12:45 pm	8353	8358	8364	8376
5:30-6:15 pm	8354	8359	8365	8377
6:30-7:15 pm	8355	8360	8366	8378
Fee	\$47 residents, \$54 non-residents			

LEVEL 3: STROKE DEVELOPMENT Passed Level 2 or equivalent

Purpose: Builds on the skills in Level 2 through additional guided practice. Will work on rotary breathing, kneeling/standing dives, front and back crawl, elementary backstroke and dolphin kick.

Major Skills: Swimming 15 yards of front and back crawl.

Class size: 6, **Night class size:** 5 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
9:00-9:45 am	NA	8384	8390	8396
10:00-10:45 am	8369	8380	8385	8391
11:00-11:45 am	8370	8381	8386	8392
12:00-12:45 pm	8371	8382	8387	8393
5:30-6:15 pm	8372	8383	8388	8394
6:30-7:15 pm	8373	NA	8389	8395
Fee	\$47 residents, \$54 non-residents			

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LEVEL 4: STROKE IMPROVEMENT Passed Level 3 or equivalent

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Will work on front crawl, back crawl, breaststroke, elementary backstroke, butterfly, scissor kick, diving.

Major Skills: Swimming 25 yards of front and back crawl, elementary backstroke and breaststroke, sidestroke and butterfly.

Class size: 7, **Night class size:** 6 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
9:00-9:45 am	NA	NA	8403	8408
10:00-10:45 am	8397	8399	8401	8404
11:00-11:45 am	8398	8400	8402	8405
12:00-12:45 pm	NA	NA	NA	8406
6:30-7:15 pm	NA	NA	NA	8407
Fee	\$47 residents, \$54 non-residents			

LEVEL 5: STROKE REFINEMENT Passed Level 4 or equivalent

Purpose: Provides further coordination and refinement of strokes. Will work on front and back crawl, breaststroke, butterfly, side-stroke, flip turns, open turns, diving.

Major Skills: Swimming 50 yards of front and back crawl, elementary backstroke, sidestroke, butterfly and 25 yards of breaststroke.

Class size: 7, **Night class size:** 6 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
9:00-9:45 am	NA	8413	NA	NA
10:00-10:45 am	8409	8411	8414	8416
11:00-11:45 am	8410	NA	NA	NA
12:00-12:45 pm	NA	8412	NA	8417
6:30-7:15 pm	NA	NA	NA	NA
Fee	\$47 residents, \$54 non-residents			

LEVEL 6: SWIMMING AND SKILL PROFICIENCY (2 different Menus) Passed Level 5 or equivalent

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with two “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. Both menus work on the endurance and turns for six strokes: front crawl, back crawl, breaststroke, elementary back stroke, sidestroke and butterfly.

MENUS:

1. Fundamentals of Diving (FD) – This menu continues to build on endurance swimming along with teaching swimmers safe diving skills from the side of the pool and diving board.

Class size: 8, **Night class size:** 7 (minimum 3)

2. Fitness Swimmer (FS) – This menu teaches how to make swimming a lifelong way to stay fit.

Class size: 8, **Night class size:** 5 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
12:00-12:45 pm	8419 Fitness Swimmer	NA	8420 Fundamentals of Diving	NA
Fee	\$47 residents, \$54 non-residents			

RED CROSS LIFEGUARD TRAINING & SWIMMING LESSONS

WATER TOT & PARENT

Water adjustment for tots ages 18 months-4 with little or no water experience. Introductory and recreational water activities. Must be accompanied by an adult. Children must wear swim diapers.

Class size: 8, **Night class size:** 7 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
11:00-11:30 am	NA	NA	8423	NA
12:00-12:30 pm	8421	NA	NA	NA
6:30-7:00 pm	NA	8422	8424	NA
Fee	\$42 residents, \$49 non-residents			

PRESCHOOL LIL' TOTS

For swimmers ages 3-5 who have little or no experience in or near water, but show independence from their parents. This class promotes safe water skills such as front and back floats. Children must wear swim diapers.

Major Skills: Submerge under water, front and back float.

Class size: 4 (minimum 3)

Times	SESSION 1 June 15-June 26	SESSION 2 July 6-July 17	SESSION 3 July 20-July 31	SESSION 4 August 3-August 14
9:00-9:30 am	NA	8428	8430	8434
11:00-11:30 am	NA	8426	NA	8432
12:00-12:30 pm	NA	8425	8429	8431
12:30-1 pm	NA	8427	NA	8433
Fee	\$42 residents, \$49 non-residents			

LIFEGUARD TRAINING AMERICAN RED CROSS

This 28-hour course is a comprehensive program that will prepare you for the rigors of lifeguarding. The purpose of the course is to teach you the skills and knowledge needed to prevent and respond to aquatic emergencies in a pool environment. You will learn how to recognize and respond quickly and effectively to emergencies and to prevent injuries and drowning. Upon completion of the course, participants will receive certifications in Lifeguard Training, CPR for the Professional Rescuer, and First Aid. Participants must attend all portions of the course to be eligible for certification. **Prerequisite:** Students must be 15 years of age on or before the last day of class; swim 500 yards continuously using the breaststroke and front crawl; swim 20 yards and retrieve a 10-pound diving brick from 10 feet of water, swim 20 yards with both hands on the brick, and be able to get out of the water without using a ladder. Bring a lunch, swimming suit, pencil and paper to every class. Minimum 5. Register by May 29. *For the first class meet in the Crystal Community Center (building right next to pool).*

Activity#	Day	Date/Time	Fee
8330	Monday-Friday	Jun 8-12 8:30 am-2:15 pm	\$215 residents \$222 non-residents
Location	Crystal Cove Aquatics Center		

ABOUT OUR LESSONS

- Participants should enter the pool through the main entrance.
- Spectators will be allowed in the concession area only, children under 15 must be accompanied by an adult.
- Evening swim lessons occur during general pool hours.
- Parents and guardians are encouraged to be present the first day of class. The Pool Manager will go over lesson procedures.
- Entry level skills are required for most levels. Management may move swimmers to different levels based ability.
- Robbinsdale residents are eligible for resident rate.

ARE LESSONS EVER CANCELLED?

- Lessons are held in the bathhouse in the event of inclement weather.
- If weather is a concern, call the Weather line 763-531-1170 option #1.
- Lessons missed by students will not be made up.
- In water lessons will not be made up for safety lessons due to inclement weather, or for lessons missed by the student. Students may **not** make up lessons during a different time.